

# Summer MOVE! Schedule for Weight Management Group Visits 2009 Vancouver

**Important!**

If you have questions about the MOVE! Program you can contact us at (503) 220-3482  
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Location	Time
<u>July 2009</u> 7/10	Getting and Staying Motivated	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
7/17	What is in your Food?	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
7/31	Introduction to Physical Activity and Exercise	Physical Activity	Building D7, Columbia Room	Friday: 1pm to 3pm
<u>Aug 2009</u> 8/7	Trim the Fat	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
8/14	Self-Control Impulse Control	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
8/21	Basic Principles of Stretching and Strengthening Exercise	Physical Activity	Building D7, Columbia Room	Friday: 1pm to 3pm
<u>Sept 2009</u> 9/4	Handling and Reducing Stress	Behavior	Building D7, Columbia Room	Friday: 1pm to 3pm
9/11	Sweets and Snacks	Nutrition	Building D7, Columbia Room	Friday: 1pm to 3pm
9/25	MOVE! Wild Card	Top Secret?	Building D7, Columbia Room	Friday: 1pm to 3pm